

UNDERAGE DRINKING . . .  
START TALKING  
KEEP LISTENING

## THE SIX G's

These 6 questions can help you talk to your child about underage drinking.

- 1** Can you think of any **GENETIC** reasons that might put you at risk for developing alcohol problems?
- 2** Do any members of the **GROUP** you hang out with drink alcohol?
- 3** Has anyone ever offered to **GIVE** you alcohol or encouraged you to try drinking?
- 4** Have you ever been tempted to **GET** and try alcohol, or do you disapprove of drinking by young people?
- 5** Do you understand the **GREAT** dangers associated with underage drinking?
- 6** Do you feel you receive enough **GUIDANCE** about drinking?

For further information about underage drinking visit these web sites:

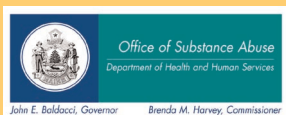
[www.maineosa.org](http://www.maineosa.org)

[www.maineparents.net](http://www.maineparents.net)

[www.alcoholfreechildren.org](http://www.alcoholfreechildren.org)

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

[www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)



# THE SIX G's

## GENETICS

- Recognize that family history of alcohol or drug problems increases a young person's risk of addiction.
- Help your child understand that, even without obvious family history, some people may have genes that put them at higher risk for developing alcohol dependence.

## GROUP

- Know who your child's friends are, and ask if any of them drink alcohol.
- Know where your child hangs out and whether there is adult supervision.
- Ask your child what she and her friends do when they are together and what it takes for them to have a good time.

## GIVE

- Ask your child what his opinion is of drinking.
- Let your child know that even though alcohol may be available (at home, at someone else's home, at school, at a party, etc.) you expect her NOT to drink.
- Encourage your child to avoid being with kids who drink and get away from the situation if someone is urging him to do so.

## GET

- Find out if your child has ever thought about trying alcohol or has had even a single sip – or whether she is just totally against it.
- Periodically inquire about other risky behaviors, and let your child know that you expect him to make good choices and not to take chances, especially with alcohol.
- Help your child to develop strategies to be able to say “NO” without feeling self-conscious.

## GREAT

- Remind your child of the great dangers associated with underage drinking – both short term (accidents, school failure, unwanted pregnancy, etc.) and long term (health, social, economic, legal, etc.)
- Understand and talk with your child about how alcohol affects the young developing brain compared to its effects on adults who drink responsibly.
- Use the media to point out examples of alcohol's dangers – car crashes, drug busts, irresponsible behavior, etc.
- Help dispel the media myths that drinking is glamorous and that drinkers are more likeable, attractive, sexy and fun than non-drinkers.

## GUIDANCE

- Re-enforce the fact that underage drinking is dangerous and illegal.
- Regularly remind your child about your hopes and expectations for your child around not drinking.
- Remind your child that, in fact, most kids don't drink, that the behavior is unacceptable and will result in significant consequences.